

# Cleveland Buddhist Vihara Quarterly Newspaper

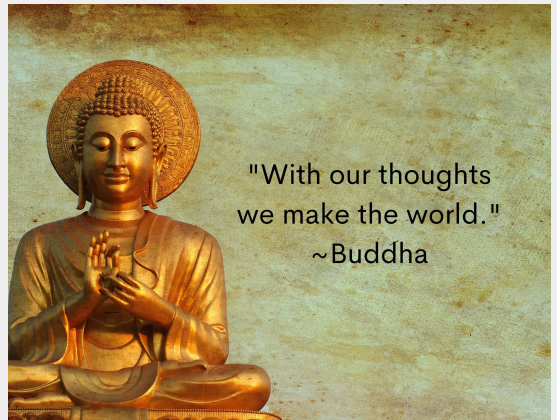
October 2023 | Vol. 2

Brought to you  
by the  
Cleveland  
Buddhist  
Vihara Youth  
Group



Therawan Saranai to all!  
Welcome to the second volume of The Cleveland Buddhist Vihara Quarterly Newsletter! In this edition, our Youth Group has created a series of articles ranging from interviews, to artwork inspired by Buddhism. We have also included a list of upcoming events, and various features written for your enjoyment. As always, Thank you for reading!

- Cleveland Buddhist Vihara Youth Committee





# 1

## Sripathi Children's Home

Please sponsor a child and donate

As you may know, each year the Sri Lankan community has raised money for the Sripathi Children's Home in Sri Lanka. This home provides many orphaned children with care, and a loving place to stay. I want to thank you all again for your generous donations to this home last year.

Last year, we used a new method for collecting donations, which will be repeated for this year. A Google Sheet with all the names of the children will be sent out. If you would like to sponsor a child, please type your name in the box next to the child/children you would like to sponsor. If you have any difficulties sponsoring with the spread sheet, there is also a sign up sheet that is located on the bulletin board at the Cleveland Buddhist Vihara.

It is just \$20 to sponsor a child, and this money will help them get anything they need to succeed in their upcoming school year. Your kind donations will help the children greatly, and allow them to have a successful school year. So please donate, and I wish you all the best!

### Methods to Donate:

Electronic fund transfer using Zelle:  
 Name of Recipient: Cleveland Buddhist Vihara and Meditation Center  
 Zelle to: CLEBVIHARA@gmail.com  
 Checks: Write to- Cleveland Buddhist Vihara and Meditation Center; Please write Sripathi Children Homes in memo  
 Checks and cash can be given to Imaya Perera, Suvik Costa, or Seyara Wanigarathne  
 Many thanks from the Youth Group!

- Imaya Perera President
- Suvik Costa Vice President

# 2

## Interview with a Special Bhante

For this edition of the Cleveland Buddhist Vihara Newspaper, my sister and I were able to talk to Bhante Sathhajeewa after he had arrived for a special Dhamma Program this August. The following is a record of the interview that we conducted, the questions we asked, and the new insights and information that we were able to learn from his wisdom.

Many thanks to Bhante Saddhajeewa for his astounding pieces of advice, and helpful knowledge that will be sure to impact both us and our peer's lives!

- Suvik Costa, Vice President



Question 1: How did the program go today? Did it go well?

"The program today was very productive, I'd like to think. When asking if the program went well, you should ask the participants, not me! But, from the facial expressions that they had, I think they were very happy, and that they learned a lot. My intentions, for wherever I go, is not necessarily getting people to believe me, or force them to believe my perspective, but rather give them something new to think about."

Question 2: Why did you think of becoming a monk?

"There are two ways that one can become a monk, maybe even three. The first, or main one is by having the head monk recruit others due to the needs in the temple. It doesn't matter if the recruiter wants to become a monk or not, in accordance with what the head monk says, they are ordained. Another way is by being the successor to the head monk. Finally, the last way is by enrolling oneself into becoming a monk - I want to do it, so I am going to enroll myself.

I became a monk because I wanted to be one. My parents were not very happy that I became a monk, I was not attached to a temple, I had never been to a temple, nor Daham Pasal. I had an unusual behavior during my childhood. I was actually enrolled at the age of 9. Before then, I had never had a connection with another monk, or gone to Daham Pasal. Even to this day, my mother says, "When you would play with the other children, you would play like a monk." I would take the other kids, sit them down, and tell them bana, and things like that. At that point in time, I had learned from hearing bana and watching it at home, I gained that from my family's background. Since we were a Buddhist family, my mom would take Pan Sil, and we would do such. But, after seeing those things, those are the activities that I would play with the other children. Because of that, I had heard that you would need to be accepted as a monk, roughly around the age of 6. So, I requested and requested from my parents to let me be ordained as a monk. At the age of 8, almost when I was 9, a monk came to our house (he was a relative).

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My mother and father had told him that I wanted to become a monk, and that I acted like one already. They asked what should have been done. Afterwards, the monk said (keep in mind that he is my relative), that he would take care of me. It was after this that my mother and father agreed. In fact, my father even went to the temple and stayed with me for an additional week there, as he was not sure if I could stay there. He believed so because I had made this decision at a young age, but after staying a week he realized that I was in good hands, and that I could take care of myself. So, he went home from the temple. After he left, and I was accepted as a monk, I gained an ability. When other people told me something, I would always be able to remember what they said, and so I mainly focused on memorizing sutras, and made it here."

**Question 3: What do you think about this Vihara?**

"The temple is a cultural place, to learn our culture. Not just the Dhamma, not only to learn the Dhamma, but to also practice this culture. Because, the people of this area have their own culture. So, those who were born in Sri Lanka and grew up in Sri Lanka, they like to taste their culture, to keep that culture with them. As well as to share that culture with their kids. Perhaps you may have been born in this country, you're parents were definitely born in Sri Lanka, so they wanted to give that opportunity to you.

Therefore, establishing the temple in here like this is a wonderful opportunity for you guys to learn about their culture. Otherwise, if you don't have that cultural understanding, there would be a conflict between you and your parents. Because their beliefs, their views, are different than your beliefs and views. So, because of the temple here, you have kind of an opportunity to learn their culture and learning that culture, you can respect their culture, their thoughts, accepting their thoughts and things. Therefore I believe, this temple is a wonderful opportunity to reduce some conflicts between the newer generation and the older generation."

**Question 4: For us teenagers, and those that are going to college and high school, do you have any advice?**

"The first thing as I mentioned, we have to make a peaceful life. So, to have that peace, you have to reduce that conflict, that cultural conflict. You are living here, and your parents are coming from different cultures. They grew up, they have their completely different views because of their different cultures. So, to reduce this conflict, that is the first thing.

The second thing, while you are living in this case or going to a college here, there might be so many different views, different concepts coming from them. You need to be very careful with that. Why? Because your culture is different than their culture. Your beliefs and different than their beliefs. But you have to accept them and live with them!"

As our interview with Bhante wrapped up, he mentions how he hosts a Youth Comp each year during the first week of August. It lasts usually around four-five days. Bhante Saddhajeewa invites all of the youth reading this newsletter to join him for next year's camp. We, as the Youth Committee, will be sure to remind you when the time comes again!

Further information can be found at

<https://bhavanasociety.org/>

Thank you again, Bhante, for conducting this interview with us! Have a blessed day!

- Suvik Costa, Vice President

# 2

## Interview with a Special Bhante





# 3 Dhamma Camp

Dhamma Camp was held at the Pittsburgh Buddhist Center and was an enlightening experience for all those who participated. Being held on the thirteenth of August, Venerable Pemarathna Thero and many others lead the enjoyable, yet educating activities.

Starting out the day with the Buddha Poojawa, getting to know what the rest of our day was going to look like, and splitting up into two different groups based on grade. Both groups started with some yoga, really waking us up, but also getting us ready for the rest of the day.



Next, we got ourselves ready for the upcoming school year. During this time, we talked about the ups and the downs of school, how to handle the stress coming with all the work, as well as how to choose the right friends. We also got plenty of advice on how to start the school year.

Coming next was lunch. For lunch, we had delicious homemade food from the aunties in the community. We also got a small break and the younger kids got to let out their energy. The older kids got to sit down and talk to their friends. Meanwhile, the activity leaders got ready for the next activity.

This next activity was a bit more energy- and time-consuming than the other activities. In this activity, the older kids dug the holes, and the younger kids placed the daffodils. This gave everyone some more time to socialize with their friends or, if not, make new friends.

Trying to make an elderly person's day better, we made cards for them. Writing something inside, decorating the outside with something representing the temple, we did our best to make the cards special.

After finishing up the cards, we went on a trail behind the Buddhist Vihara and looked for rocks that represented good thoughts, neutral thoughts, and bad thoughts. Then we shared why we chose these rocks.

Next up, the adults got us ready for the last activity, the parent-honoring ceremony. The ceremony reminded us about how much our parents sacrificed for us, and told us what roles each parent played in our lives. That was how we wrapped up our day.

Sign up next year!

- Chenuli Rupasinghe,  
Vinuki Almeida

# 3

## Dhamma Camp



# 4

## The Katina Ceremony

The Vassa is a three-month rain retreat that extends over a period corresponding to the North Indian rainy season. The retreat goes from the day following the full moon of July until the full moon day of October. From the time Buddhism was introduced to Sri Lanka, the observance of Vassa.

Vas in Sinhala has been one of the mainstays of monastic life. During the Vas, the monk is expected to dwell permanently in their temples and refrain from traveling.

The Vas is a time for lay Buddhists to express their devotion to the cause of Buddhism by supporting the Sangha with special diligence

At the close of the Vas season, the Katina ceremony is held. The main event in this ceremony is the offering of the special robe known as the Katina-Chivara to the Sangha, who in return presents it to the monk who has observed the retreat. In our temple (the Cleveland Buddhist Vihara) Banthe Lakkana observed Vas and stayed there for three months. Throughout those months, each family in the community took care of the needs of the Bhante and of the temple.



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There were Bodi Pujas, Dharma discussions and meditation programs. There was also a Jathaka Katha Sendawa (which are stories of the Lord Buddha's previous lives) which was directed by Banthe Lakkana for children.

After three months, we held the Katina ceremony and it was a very remarkable event! It started with the Pirith Ceremony on Friday evening. On the following day, there was Saturday Heel/Breakfast Dana. Hours later, and as the sun shined in the morning, we began by proclaiming blessings.

After the blessings, the community moved towards the Dawal/Lunch Dana for the Bhantes.

Proceeding the Dawal Dana, there was the Perahera, which was the traditional way to present the Katina-Chivara to the Bhantes for the final ceremony.

In conclusion, the Katina ceremony was nothing more than a success. Everyone in our community and other communities pitched in to make this event truly one of a kind.

- Sadali (Muthu) Costa



# 4

## The Katina Ceremony





By: Senumi Senadheera

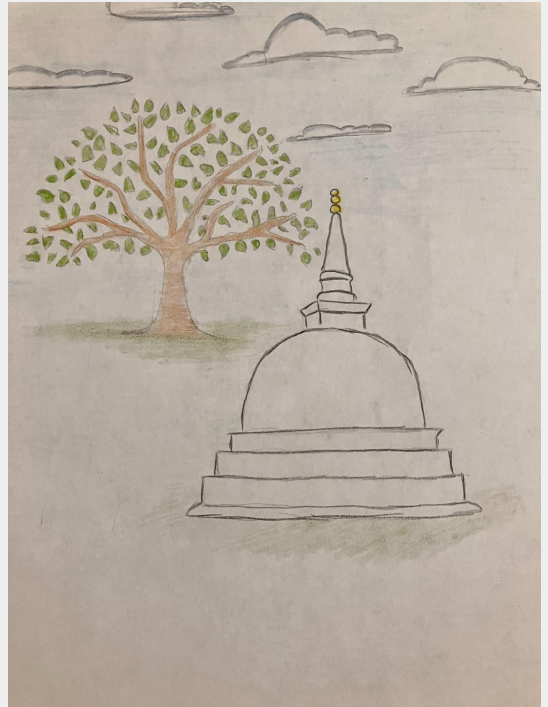
# 5

## Kids Corner

Take a look at  
some drawings  
made by the  
children of our  
temple



By: Saheli Wickramaratne



By: Senuri  
Abeysirigunawardena

In a daily school life, Buddhism ideals can be reflected through various practices. One way is through mindfulness, which involves incorporating techniques like deep breathing and centering oneself before class or during breaks. By practicing mindfulness, students can cultivate a sense of focus and presence in their studies. Another way to embody Buddhism ideals is through compassion. This can be demonstrated by showing kindness and understanding towards classmates, teachers, and even oneself. Acts of compassion can create a supportive and inclusive learning environment. Additionally, respecting others' opinions and beliefs, even if they differ from our own, is another important aspect of Buddhism. By fostering an atmosphere of respect, students can learn from diverse perspectives and promote open-mindedness. These practices can contribute to a more peaceful and harmonious school community!

- Nadira Weerakkody

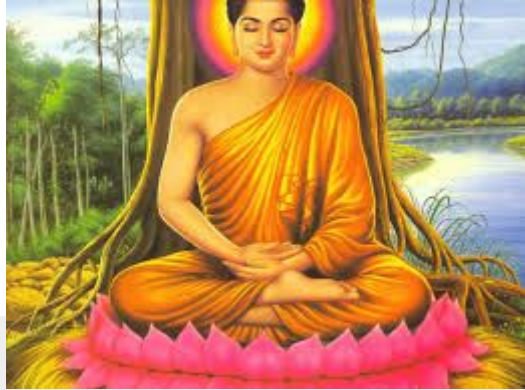
# 6

**Opinion  
Piece**



# 7

## Upcoming Events



### The Buddhist religion

- 1.) **Anapanasati Day.** Anapanasati day is an observance based on the practice of mindfulness of breath(anapanasati). It's not tied to an exact date however is observed and encouraged by most Buddhists.

### Events at the temple

- 1.) The temple will have their weekly Bodhi Puja & Dhamma Desana at the Buddhist Vihara. Attend for a moral cleansing, fulfilling, and prosperous time. This event will take place Sep 23, Sep 30, Oct 7, and so on!
- 2.) The temple also gathers together a great meditation program that focuses on the true benefits and techniques of meditation. Weekly starting on the 24 and so on!



# Thank you!

Theruwā Saronai to all!  
This quarterly newsletter, written by members of our new Buddhist Youth Group, is meant to inform our Northeast Ohio Buddhist community of past, present, and future events. Please let us know if you would like to have anything included in our new newsletter, coming in the near future. Thank you all so much for reading, and we wish you all the best!  
Sincerely,  
the Cleveland Buddhist Vihara Youth Group.

Imaya Perera, President  
Suvik Costa, Vice President  
Seyara Wanigarathne Secretary  
Harindu Peris  
Vishita Perera  
Nadira Weerakkody  
Sadali Costa  
Cheniru Senadheera  
Senuri Abeysirigunawardena  
Vinuki Almeida  
Chenuli Rupasinghe  
Senumi Senadheera  
Saheli Wickramarathne

